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SELF CARE INSTRUCTIONS

Don'ts

- **DO NOT TEST THE JAW**

Do not open wide or move the jaw around excessively to assess pain or motion.

Avoid habitually manoeuvring the jaw into positions to assess its comfort or range.

Avoid habitually clicking the jaw if a click is present.

- **AVOID ACTIVITIES THAT STRAIN THE JAW**

Do not lean on or cup the chin when performing desk work or at the dining table.

Do not sleep on the stomach or in postures that place stress on the jaw.

Avoid elective dental treatment while symptoms of pain and limited opening are present.

- **MODIFY YOUR DIET**

Do not chew gum.

- **BE AWARE OF HABITS OR PATTERNS OF JAW USE**

Avoid tooth contact except during chewing and swallowing.

Avoid clenching, grinding or tapping of teeth or any tensing or rigid holding of jaw muscles.

Avoid tooth clenching while driving, studying, doing computer work, reading or engaging in athletic activities and also when at work or in social situations and when experiencing overwork, fatigue or stress.

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Do's

- **POSITION THE JAW TO AVOID TOOTH CONTACTS**

Place the tip of the tongue behind the top teeth, and keep teeth slightly apart; maintain this position when jaw is not being used for functions such as speaking and chewing. Keep your jaw muscles relaxed.

- **MODIFY YOUR DIET**

Choose softer foods and only those foods that can be chewed without pain. Cut foods into smaller pieces; avoid foods that require wide mouth opening and biting off with front teeth or foods that are chewy and sticky and that require excessive mouth movements.

Chew foods on both sides at the same time. Chew on your back teeth rather than biting on your front teeth.

- **ADOPT OTHER HELPING PRACTICES**

During yawning support the jaw by providing mild pressure underneath the chin with the thumb and index finger or with the back of the hand.

Get a good night sleep.

Learn and practice relaxation and abdominal breathing

RULES OF FIVE

1. Heat wheat-bag in microwave until comfortably warm
Or
Make a pad of guest towel and ring it out in warm water
2. Wrap bag/towel in front of one ear, under chin, and up in front of other ear.
Keep applied for **FIVE MINUTES.**
3. Now put bag/towel aside. Open your mouth as far as comfortable, and keep open in that position for **FIVE SECONDS.**
4. Close your mouth and relax the jaw **FIVE SECONDS.**
5. Repeat 3 and 4 **FIVE TIMES.**
6. Place a round-barrelled pen between your front teeth and rapidly move your lower jaw to right and left as far as you dare, **FIVE TIMES>**
7. Repeat 1 to 6 at least twice daily.

NB If any of these causes more pain then stop doing the exercises and contact the surgery.